



Sunrise Senior Center  
10650 W. Oakland Park Blvd.  
Sunrise, FL 33351

PRSR STD  
US POSTAGE PAID  
FT. LAUD. FL  
PERMIT NO. 825

CURRENT RESIDENT OR

Sunrise Senior Center  
is a Broward County Elections early  
voting site. The Burgundy Room  
will be closed March 1 - 13

Please consult the schedule  
for class relocation.

IT STARTS IN  
PARKS  
Coaching. Connecting. Community.

	Date	Day	Time	Register	Fee
<b>Sunrise Latin Social Club</b> Join us the 1st Tuesday night of each month. This Club is geared towards socialization, building friendships, participating in activities and other special events. Everyone is invited. Senior Center membership is required. Queremos invitar a la comunidad Latina que venga a disfrutar de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center and be a part of our community.	Monthly	TU	6:00 pm - 8:00 pm	Walk-in	Free
<b>Senior Cooking Club</b>					
<b>Apr</b> - Ravioli Bake (#480816A)	4/15	F	10:00 am - 12:30 pm	3/4	\$6/\$8
<b>May</b> - Baked Chicken (#480816B)	5/20	F	10:00 am - 12:30 pm	4/1	\$6/\$8
<b>Jun</b> - Sandwiches (#480816C)	6/17	F	10:00 am - 12:30 pm	5/6	\$6/\$8
If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation. Each month will focus on a different menu that we will get to enjoy at the end of class.					
<b>Let’s Talk Discussion Group</b> Enjoy a great group of people & “Let’s Talk”. Make new friends, discuss news, hot topics and much more.	Weekly	W	1:00 pm - 2:00 pm	Walk-in	Free
<b>Screening: “Cyber-Seniors” Video Recap</b> Join us for a colorful glimpse into the City’s “Cyber-Seniors” program - a partnership between the Sunrise Senior Center and the Sunrise Leadership Academy. Friendships take shape while the seniors learn about technology and their teen mentors discover the commonalities between generations. Tickets are free, but must be picked up in advance. Light refreshments will be served.	4/13	W	11:00 am - 12:30 pm	Call to sign up	Free
<b>Matter of Balance Workshop</b> Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning program designed to manage falls and increase activity levels. Class will meet once a week for 8 weeks. Space is limited. Seniors will receive a workbook and learn what to do to prevent falls as well as how to get up from a fall if it were to happen. There is a required 8 week commitment.	4/6 - 6/1(no class 5/25)	W	9:00 am - 11:00 am	Call to sign up	Free
<b>Senior Fraud Workshop</b> Congresswoman Debbie Wasserman Schultz will be coming to speak on Senior Fraud Prevention. Don’t miss this rare opportunity to hear her speak on a topic that is so important in todays ever changing society. Learn how to keep you and your finances safe. Light refreshments will be provided.	3/14	M	10:00 am - 11:30 am	Call to sign up	Free

March / April 2016

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SPECIAL FEATURES

Senior Center Hours: Monday, Thursday, Friday 8:30am - 4:30pm  
Tuesday and Wednesday 8:30 am - 9:00 pm

The Senior Center is closed on Saturday and Sunday.

	Date	Day	Time	Register	Fee
<b>Craft Class - Spring Wreath</b> Design a beautiful colorful Wreath to hang on your door to usher in Spring. <b>Activity #380801A</b>	3/11	F	10:00 am - 11:30 am	2/5	\$6/\$8
<b>Under the Sea Social</b> Join us for this tropical party where you will be taken “Under the Sea”. Enjoy a fish sandwich and tropical beverage during your trip to paradise. We will have a Steel Pan Drummer and Guitarist along with some great dance music to get you up and moving. This is a party you definitely won’t want to miss, there will be a special guest for a great photo opportunity! <b>Activity # 380822C</b>	3/22	TU	1:00 pm - 3:00 pm	2/5	\$8/\$10
<b>World Health Day Expo</b> April 7 is World Health day! Come out and visit vendor booths featuring agencies and medical offices pertaining to Senior Health. The topic for the expo is <b>Diabetes</b> . Sign up for the mini breakout sessions. A doctor will speak on Diabetes and the treatment for healthy living. There will be free health screenings and giveaways ! Refreshments will be served. Sponsored in part by: Baptist Health, VITAS, and Garden Plaza at Inverrary.	4/7	TH	9:00 am - 12:00 pm	Call to sign up	Free
<b>Animal Assisted Therapy Program</b> Marni Bellavia, Manager AAT Program, Humane Society of Broward County will speak about the Animal Assisted Therapy (AAT) program and how they use volunteers and their companion animals to provide social therapy to comfort children and adults with special needs or those experiencing life’s stresses. Come and hear about this special program and how you may be able to get involved. You may just make a furry friend! <b>A surprise</b> to follow the lecture which will be sponsored by: <b>VITAS Healthcare</b> Lunch will be served to all pre-registered participants. Space is limited.	4/8	F	10:00 am - 12:00 pm	Call to sign up	Free
<b>Motown Dinner Dance</b> Move to the groove of Motown as you party the night away. Come experience the old school and new school sounds that made. Motown popular, performed by the Motowners. Dinner will be served as well as a complimentary glass of wine or beer for each ticketed participant . <b>Activity #480832A</b>	4/14	TH	6:00 pm - 9:00 pm	3/4	\$22/\$24
<b>Hoedown Social</b> Strap on you boots, grab your hats and come enjoy some barbeque with your friends. Enjoy great music, line dancing and tasty food during this Western themed social! <b>Activity # 480822A</b>	4/18	M	1:00 pm - 3:00 pm	3/4	\$8/\$10
<b>Mother’s Day Fiesta</b> What better reason to have a fiesta than to celebrate Mother’s Day! Join us for a Latin infused party with good food and music, sponsored by Colony Springs Medical Center. <b>Activity # 480822B</b>	5/6	F	1:00 pm - 3:00 pm	4/1	\$8/\$10
<b>Summer Kick Off Beach Party</b> It’s that time again, summer time! Enjoy a delicious lunch, great music and lots of dancing. Let’s kick off the summer with a party to remember! <b>Activity # 480822C</b>	5/25	W	1:00 pm - 3:00pm	4/1	\$8/\$10

<div><div>ADMIT ONE</div><i>Monday</i></div>	<div><i>Tuesday</i></div>	<div><i>Wednesday</i></div>	<div><i>Thursday</i></div>	<div><i>Friday</i></div>	<div><div>ADMIT ONE</div><i>Trip &amp; Ticket Policies</i><div>ADMIT ONE</div></div>										
<div>9:00 am - 9:30 am Tai Chi (3/7 Civic Center Stage)</div> <div>9:30 am - 10:30 am Walk Your Way to Health (3/7 Civic Center Stage)</div> <div>9:30 am - 12:00 pm Open Game time (3/7 Civic Center Classroom B)</div> <div>10:30 am - 12:00 pm Beginners Beading (3/7 Civic Center Theater Lobby)</div> <div>10:30 am - 12:00 pm Knitting &amp; Crocheting Class</div> <div>11:00 am (Start Time) Classic Movies (3/7 Civic Center Lounge)</div> <div>12:30 pm - 2:30 pm Open Beading (3/7 Civic Center Theater Lobby)</div> <div>1:00 pm - 2:30 pm Spanish Class</div> <div>1:30 pm - 3:30 pm Monday Dance Mixer (3/7 Civic Center Dance Studio) (4/18 Cancelled - For Hoedown Social)</div>	<div>9:00 am - 9:30 am Tai Chi (3/1 and 3/8 Civic Center Stage) (3/22 Civic Center Lounge)</div> <div>9:00 am - 12:00 pm Mah Jongg Class (3/1 , 3/8 and 3/22 Civic Center Theatre Lobby)</div> <div>9:30 am - 10:30 am Senior Aerobics (3/1 and 3/8 Civic Center Stage) (3/22 Civic Center Lounge)</div> <div>9:30 am - 11:00 am Beginners Bridge Lessons</div> <div>10:00 am - 12:00 pm Billiards Lessons (2nd &amp; 4th)</div> <div>11:30 am (Start Time) New Release Movies (3/1 and 3/8 Civic Center Lounge)</div> <div>1:00 pm - 3:00 pm Beginners Computer Class</div> <div>1:00 pm - 3:00 pm Sewing Creations</div> <div>1:00 pm - 2:30 pm Jewelry Design Class (3/1 and 3/8 Civic Center Theatre Lobby)</div> <div>5:30 pm - 6:30 pm Senior Aerobics (3/1, 3/8, and 3/22 Civic Center Stage)</div>	<div>8:45 am - 9:30 am Tai Chi (3/2 and 3/9 Civic Center Stage)</div> <div>9:30 am - 10:30 am Walk Your Way to Health (3/2 and 3/9 Civic Center Stage)</div> <div>9:00 am - 12:00 pm Bowling League - Strikers Lanes</div> <div>11:00 am - 12:00 pm Ballroom Dance Class (3/2 and 3/9 Civic Center Stage)</div> <div>12:30 pm - 2:00 pm Conversational English</div> <div>12:30 pm - 3:30 pm Open Game Play (3/2 and 3/9 Civic Center Theater Lobby)</div> <div>1:00 pm - 2:00 pm Let’s Talk Discussion Group (3/2 and 3/9 Civic Center Lounge) (5/25 Cancelled - For Summer Kick Off Beach Party)</div> <div>1:00 pm - 3:00 pm Intermediate Computer Class</div> <div>1:30 pm - 3:30 pm Drawing Class</div> <div>2:30 pm - 4:00 pm Life Changes (3/2 and 3/9 Civic Center Lounge) (5/25 Cancelled - For Summer Kick Off Beach Party)</div> <div>4:30 pm - 5:30 pm Zumba Gold #3 (3/2 and 3/9 Civic Center Stage)</div>	<div>9:00 am - 10:00 am Beginners Line Dancing (3/3, 3/10, 4/7 and 4/14 Civic Center Gym)</div> <div>9:30 am - 11:00 am Bereavement Support Group</div> <div>10:00 am - 11:00 am Coupon Club &amp; Gardening Club</div> <div>10:00 am - 12:00 pm Line Dancing (3/3, 3/10, 4/7 and 4/14 Civic Center Gym)</div> <div>Pan Card Game Class 1:00 pm - 2:30 pm (Call front desk to sign up) (3/3 and 3/10 moved to computer room)</div> <div>1:00 pm - 2:30 pm ESOL</div> <div>1:00 pm - 2:00 pm Chair Yoga (3/3, 3/10 and 4/14 Civic Center Lounge)</div> <div>2:15 pm - 3:15 pm Floor Yoga (3/3, 3/10 and 4/14 Civic Center Lounge)</div>	<div>8:45 am - 9:30 am Tai Chi (3/4, 3/11 and 5/6 Civic Center Stage)</div> <div>9:30 am - 10:30 am Zumba Gold (3/4, 3/11 and 5/6 Civic Center Stage)</div> <div>10:30 am - 11:30 am Zumba Gold (3/4, 3/11 and 5/6 Civic Center Stage)</div> <div>10:00 am - 12:00 pm Chess Club</div> <div>10:00 am - 12:00 pm Conversational English</div> <div>1:00 pm - 2:30 pm Bingo (3/4 and 3/11 Civic Center Lobby) (5/6 Cancelled - For Mother’s Day Fiesta)</div> <div>1:30 pm - 3:30 pm Painting</div> <div>2:00 pm - 3:00 pm Cardio with a Twist (3/4, 3/11 and 5/6 Civic Center Stage)</div>	<div>No tickets will be sold before the published sale date. <b>Sales commence at 8:30 am.</b> Current I.D. cards must be presented for any transaction.</div> <div>Members <b>MUST</b> be present to purchase tickets. You may, however, buy a ticket for a member who resides in the same household as you, provided you present their I.D. card. Both tickets will be charged the member rate.</div> <div>*You may purchase one additional ticket (at the higher guest price) for each member ticket purchased.</div> <div>*Any person purchasing tickets will only be allowed to purchase a maximum of two tickets per person per event regardless member/guest status.</div> <div>When purchasing tickets, please indicate the full name, <b><u>birth date and phone number</u></b> of your guest.</div> <div>Non-members may purchase tickets, based on availability, at a later date. Check with the front desk for open sale dates.</div> <div>If you purchase a ticket and later sell or give it to someone, you must contact a Senior Center staff member to make a name change on our master roster. In the event of a trip cancellation a refund will go to the original buyer unless we have the new buyers information.</div> <div>If you require wheelchair accommodations for a trip, you must inform us at sign up time. <u>(Be sure this is noted on your registration form)</u></div> <div>When you are called about a food choice for a trip, you must return the call within 2-3 days; otherwise a choice will be made for you. No changes can be made 7 days prior to the trip or at the restaurants.</div> <div>Trips departing before 3:30 p.m. leave from the Civic Center east parking lot</div> <div>A Group Leader is available on most trips. In their absence, the Bus Driver will act as Group Leader.</div> <div>Please occupy the same bus seat on the way to and from an event.</div> <div>Refund Policy: The City reserves the right to retain fees to cover expenses non-refundable to the City. If a minimum number of people is not reached the program may be cancelled.</div>										
<div>TUESDAY EVENINGS</div> <div>5:30 pm - 6:30 pm    Senior Aerobics    1st Tuesday    Sunrise Latin Social Club - <b>Cancelled 3/2</b></div> <div>6:00 pm    New Release Movies    3rd Tuesday    Sunrise Orchid Society</div> <div>6:00 pm - 7:30 pm    Beading Class    4th Tuesday    American Legion Post 365</div> <div>6:00 pm - 9:00 pm    Open Game Room &amp; Dart League</div> <div>6:30 pm - 8:30 pm    Computer Class</div>				<div>WEDNESDAY EVENINGS</div> <div>4:00 pm - 6:00 pm    Women’s Bocce, Nob Hill Soccer Club Park    6:00 pm - 9:00 pm    Open Game Room</div> <div>4:30 pm - 5:30 pm    Zumba Gold #3 (3/2 and 3/9 Civic Center Stage)    6:00 pm - 8:00 pm    Mah Jongg</div> <div>5:30 pm - 6:30 pm    Cardio with a Twist (3/2 and 3/9 Civic Center Stage)    6:30 pm - 8:30 pm    Mixed Media</div> <div>6:30 pm - 7:30 pm    Ballroom Dancing (3/2 and 3/9 Civic Center Stage)</div> <div>6:00 pm - 9:00 pm    Wood Carving</div>											
<div><div>Monday Classic Movies - 11:00 am</div><div><div>3/7    Mr. Blandings Dream House    1948    1:34 mins    4/4    My Sister Eileen    1955    1:48mins.</div><div>3/14    Strangers on a Train    1951    1:41 mins.    4/11    Love Me Tonight    1932    1:29 mins.</div><div>3/21    Easter Parade    1948    1:43 mins    4/18    <u>No Movie Today</u> (Hoedown Social)     </div></div></div>															

# Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out are available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	TU TH	mornings afternoon	Free Free	Call for Appt. Call for Appt.
The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only and must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.					
Bereavement Support Group	Weekly	TH	9:30 am - 11:00 am	Free	Ongoing
This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.					
Blood Pressure Check (Sunrise Fire/Rescue)	3/11, 4/8, 5/13	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance	3/11, 4/8, 5/13	F	10:00 am - 11:30 am	Free	Walk-ins welcome
Representatives from the Broward Property Appraiser’s office will help taxpayers apply for homestead and other property exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.					
Veteran’s Advisor	3/11, 4/8, 5/13	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
Broward County Veteran’s Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral and linkage and benefits and claims processing.					
Talk to Your Congressman	3/8, 4/12, 5/10	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
A representative from Congressman Alcee Hastings’ office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare Social Security and U.S. Postal Service. For more information call 954-733-2800.					
Life Changes Workshop		W	2:30 pm - 4:00 pm	Free	Ongoing
Ann Adams-Hove LCSW and other VITAS counselors will lead an ongoing workshop on how to handle life’s challenges. Topics such as life transitions, adjustment to the aging process, and retirement to name a few. Space is limited.					
F.L.O.W. is here!	3/9, 4/13, 5/11	W	8:30 am - 12:30 pm		By Appointment Only
<u>Florida Licensing on Wheels</u> the DMV mobile unit will be at the Sunrise Senior Center the second Wednesday of the month. Residents can renew their drivers license, vehicle registration and get a Florida I.D. Please visit the website to know what documents you will need to bring with you to avoid a second trip! www.GatherGoGet.com. For more information and an appointment call 954-746-3670. This service is available to all residents.					
S.H.I.N.E Counselor	1st and 3rd Mondays of the month		10:00 am - 12:00 pm		Walk-ins welcome
A “Serving the Health Insurance Needs of the Elderly” counselor will be at the Senior Center. SHINE counselors provide information, counseling, and assistance about Medicare, Medicaid, Medicare Health and Drug Plans choices, Medicare Supplemental Insurance, Long term Care Insurance, Medicare Fraud and Prescription Assistance. The program is sponsored by the ADRC and Sunrise Senior Center.					
Aromatherapy Presentation	3/16	W	10:00 am - 11:00 am	Free	Call to sign up
Julia Ciara, certified Massage and Aroma therapist, will present how aromatherapy can help a person’s mental, emotional and physical wellbeing. Aromatherapy is beginning to be used in hospitals, nursing homes and hospice care. Learn what scents can help lessen stress levels and how other scents are used to heal areas of the body. Refreshments provided. Space is limited. (Third in the Series)					
Podiatry Lecture	3/18	F	10:00 am - 11:30 am	Free	Call to sign up
Dr. Selbst is board certified by The American Board of Podiatric Medicine in Podiatric Medicine. He will present a lecture about common foot problems that can interfere with your everyday life. The lecture will cover the warning signs of diabetes and poor circulation related to feet. This lecture is sponsored by Brookdale Senior Living Solutions. A light lunch will be provided to all pre-registered participants. Space is limited					
CarFit (please note date has changed)	4/29	F	10:00 am - 2:00 pm	Free	Call to sign up
Trained professionals lead Senior drivers through a 12-point checklist with your vehicle, recommend car adjustments and adaptations, and offer community specific resources and activities that could make your car “fit” better or enhance your safety. Carfit is a program sponsored by AAA, AOTA, and AARP. A CarFit check takes approximately 20 minutes to complete.					

# Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Activity #
<u>March Ticket Sale</u> 3/4 Members ; 3/11 Non-Members Miami Marlins vs. New York Yankees	4/1	F	4:30 pm - 11:00 pm	\$35/\$37	480837A
Don’t miss your chance to see the Marlins take on the Yankees. Be sure to get your tickets early! Seats are in Section 7, Rows 26 &27.					
Schnebly Redland's Winery, RF Orchids, & Robert is Here	4/6	W	9:00 am - 5:00 pm	\$27/\$29	480842A
Join us for a tour of Homestead! We will start the day out with a tour of Schnebly Redland’s Winery and a boxed lunch from the Redlander Restaurant. Wine tasting can be purchased on your own. We will then head to RF Orchids for a tour of their nursery and lush tropical garden. We’ll make a final stop at Robert is Here fruit stand where you can shop for fresh fruits or maybe try one of their fabulous shakes on your own before heading home.					
Navy Seal Museum, Al’s Family Farm, & Lunch	4/12	TU	9:00 am - 5:00 pm	\$28/\$30	480842B
Visit the Navy Seal museum and explore history from their first operations during WWII to today’s high-tech missions. Afterwards, visit Al’s Family Farm, beginning with lunch (included) followed by a guided Florida Citrus tour. Then visit the OJ Corral to sample some fresh squeezed orange juice. (Please Note: This trip is not walker or wheelchair accessible)					
Beach Day & Lunch	4/20	W	9:00 am - 3:00 pm	\$5/\$7	480851A
Spend the morning relaxing on the beach in Hollywood . Bring your beach chair or beach blanket and catch some sun or take a dip in the ocean. Take a stroll down the famous Hollywood Beach Boardwalk then enjoy lunch on your own.					
Coconut Creek Casino	4/26	TU	9:00 am - 3:00 pm	\$5/\$7	480826A
Enjoy a great day at the casino. Play the tables, slots, and more.					
<u>April Ticket Sale</u> Members 4/1; Non-Members 4/8 Glass Bottom Boat Tours & Lunch at The Fish House	5/3	TU	10:15 am - 8:00 pm	\$37/\$39	480848A
Begin the day with a delicious lunch at The Fish House in Key Largo (lunch and tip included). Then prepare yourself for an exciting and entertaining two and half hour glass bottom boat tour, exploring the coral reefs and the vast marine life around the 70 nautical square miles of adjacent Atlantic Ocean waters. Enjoy all this and more at the first underwater park in the United States, John Pennekamp Park. It is recommended to bring a snack for the return ride home as it is a long day and bus ride.					
Line Dancing Lessons At The Roundup	5/12	TH	5:30 pm - 10:00 pm	\$5/\$7	480842C
Get ready to kick it up and throw it down at South Florida’s best Country nightclub and restaurant, the Round up. Enjoy Country Western dancing, live entertainment and Line Dance lessons. They have dinner options available for purchase on your own.					
Concert at Delray Beach Marketplace	5/19	TH	3:00 pm - 9:00 pm	\$5/\$7	480842D
Pick a restaurant in the area and stroll through the shops of Delray Marketplace. Bring you blanket or lawn chair and enjoy the outdoor concert. Please check with the front desk for additional concert details.					
Magic City Casino	5/24	TU	8:45 am - 3:00 pm	\$5/\$7	480826B
Enjoy a great day at the casino. Play the tables, slots, and more. Lunch is included.					
<u>May Ticket Sale</u> Members 5/6; Non-Members 5/13 Butterfly World And Festival Flea Market	6/9	TH	8:30 am - 3:30 pm	\$15/\$17	480842E
Explore the entire life cycle of the butterfly as it occurs, the wonders of exotic bird aviaries and more on a one-hour guided tour. Afterwards shop to your heart’s content and enjoy lunch on your own at the Festival Flea Market.					
Gulf Stream Casino	6/14	TU	9:00 am - 3:15 pm	\$5/\$7	480826C
Enjoy a great day at the casino. Play the tables, slots, and more.					
Diner’s Club – Feisty Bull	6/24	F	6:00 pm - 11:00 pm	\$28/\$30	480829A
It’s time to party! Spend the evening with great company, live music, dancing and dinner. Enjoy a tasty buffet style dinner featuring a mouthwatering fusion of Mexican & Spanish cuisine (included in price), followed by a live Flamenco show and dancing at the Feisty Bull Restaurant in Coral Springs.					
IKEA Miami Day Trip	6/30	TH	9:00 am - 3:30 pm	\$5/\$7	480846A
Put on your walking shoes, there’s always something new at IKEA! Visit the internationally acclaimed home furnishing store, which includes a European food marketplace. Enjoy a meal in their tasty and affordable IKEA restaurant.					

# Mar / Apr Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity#
<b>AARP Safe Drivers Course</b>	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)					
	3/9 & 3/10	W&TH	9:00 am - 12:00 pm	2/2	\$15/\$20	380853C
	5/11 & 5/12	W&TH	9:00 am - 12:00 pm	4/1	\$15/\$20	480853A
	6/15 & 6/16	W&TH	9:00 am - 12:00 pm	5/3	\$15/\$20	480853B
<b>Beginners Beading</b>	Please stop by the class to speak with Instructor Lazira Amar and pick up a list of required materials. (Senior Center membership required) No beading experience needed. Limit of one class per person					
	4/4 - 4/25	M	10:30 am - 12:00 pm	3/7	Free	480814A
	4/5 - 4/26	TU	6:30 pm - 8:00 pm	3/7	Free	480814B
	5/2 - 5/30	M	10:30 am - 12:00 pm	4/4	Free	480814C
	5/3 - 5/31	TU	6:30 pm - 8:00 pm	4/4	Free	480814D
	6/6 - 6/27	M	10:30 am - 12:00 pm	5/2	Free	480814E
	6/7 - 6/28	TU	6:30 pm - 8:00 pm	5/2	Free	480814F
	<b>Open Beading</b>	Join us for Open Beading every Monday from 12:30 pm - 2:30 pm. Bring your projects and enjoy the company of your friends while you bead.				
<b>Jewelry Design Class</b>	Join bi-lingual instructor David Stahl to learn to the Fine Art of Jewelry design. (Senior Center membership required) All materials will be available for purchase at the class or contact David at 954-850-4242 for a list of materials.					
	4/7 - 4/28	TU	1:00 pm - 2:30 pm	3/7	Free	480866A
	5/3 - 5/31	TU	1:00 pm - 2:30 pm	4/5	Free	480866B
	6/7 - 6/28	TU	1:00 pm - 2:30 pm	5/3	Free	480866C
<b>Book Club</b>	Join our Book Club... Read the book, examine and discuss the story with a friendly group of people. Light refreshments will be served. Must be registered.					
<b>“The Storied Life of A.J. Fikry” by Gabrielle Zevin</b>	3/25	F	11:30 am - 12:30 pm	Now	Free	
<b>“In the Unlikely Event” by Judy Blume</b>	4/22	F	11:30 am - 12:30 pm	Now	Free	
<b>Chess Club</b>	Weekly	F	10:00 am - 12:00 pm	Walk-in	Free	
If you have ever wanted to learn how to play chess this is your chance. Lessons and matches are available.						
<b><u>Computer Programs</u></b>						
<b>Beginning</b>	4/5 - 5/10	TU	1:00 pm - 3:00 pm	Call for avail.	\$5/\$10	480802A
<b>Computers</b>	4/5 - 5/10	TU	6:30 pm - 8:30 pm	Call for avail.	\$5/\$10	480802B
<b>Intermediate Computer</b>	3/9 - 4/13	W	1:00 pm - 3:00 pm	Now	\$5/\$10	380803A
<b>Scottish Dancing</b>	Weekly - May	TU	7:00 pm - 9:00 pm	Walk-in	Free	
Learn the traditional dances of Scotland. No experience or partner required.						
<b>Ballroom Dance</b>	Classes taught by Lidia Dumenigo, a NDTA Certified Ballroom Teacher. Learn the fundamentals of a variety of dances such as the Rumba, Salsa & Cha Cha. For more information, call 954-439-5899.					
	Apr	W	11:00 am - 12:00 pm	3/2	\$12/\$14	480864A
	Apr	W	6:30 pm - 7:30 pm	3/2	\$12/\$14	480865A
	May	W	11:00 am - 12:00 pm	4/6	\$12/\$14	480864B
	May	W	6:30 pm - 7:30 pm	4/6	\$12/\$14	480865B
	Jun	W	11:00 am - 12:00 pm	5/4	\$15/\$17	480864C
	Jun	W	6:30 pm - 7:30 pm	5/4	\$15/\$17	480865C
	<b>Knitting &amp; Crochet Class</b>	Come enjoy this new class as our volunteer instructor teaches you various knitting & crocheting techniques. See the front desk for a list of supplies				
Apr		M	10:30 am - 12:00 pm	3/7	Free	480869A
May		M	10:30 am - 12:00 pm	4/4	Free	480869B
Jun		M	10:30 am - 12:00 pm	5/2	Free	480869C
<b>Sewing Creations</b>	Ongoing	TU	1:00 pm - 3:00 pm	Walk-in	Free	
<b>Beginners Bridge</b>	Come enjoy this class as our volunteer instructor teaches you the basics of bridge, and how to be a better player.					
	3/1 - 4/19	TU	9:30 am - 11:00 am	Now	Free	480804A
	5/3 - 6/21	TU	9:30 am - 11:00 am	4/5	Free	480804B

Program	Date(s)	Day(s)	Time	Register On	Fee	Activity #
<b><u>Exercise Classes</u></b>						
<b>Tai Chi</b>	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. Due to popularity, students may participate in either M/W or TU/F classes. Wednesday and Friday classes are sponsored by Baptist Health and begin at 8:45 am.					
	Apr	TU/F	9:00 am - 9:30 am	3/2	Free	480858A
	Apr	M/W	9:00 am - 9:30 am	3/2	Free	480858B
	May	TU/F	9:00 am - 9:30 am	4/6	Free	480858C
	May	M/W	9:00 am - 9:30 am	4/6	Free	480858D
	Jun	TU/F	9:00 am - 9:30 am	5/4	Free	480858E
	Jun	M/W	9:00 am - 9:30 am	5/4	Free	480858F
<b>**No class 5/30</b>						
<b>Senior Aerobics</b>	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required.					
	Apr	TU	9:30 am - 10:30 am	3/2	Free	480857A
	Apr	TU	5:30 pm - 6:30 pm	3/2	Free	480857B
	May	TU	9:30 am - 10:30 am	4/6	Free	480857C
	May	TU	5:30 pm - 6:30 pm	4/6	Free	480857D
	Jun	TU	9:30 am - 10:30 am	5/4	Free	480857E
	Jun	TU	5:30 pm - 6:30 pm	5/4	Free	480857F
<b>Zumba Gold</b>	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate.					
	Apr	F	9:30 am - 10:30 am	3/2	Free	480863A
	Apr	F	10:30 am - 11:30 am	3/2	Free	480863B
	Apr	W	4:30 pm - 5:30 pm	3/2	Free	480863C
	May	F	9:30 am - 10:30 am	4/6	Free	480863D
	May	F	10:30 am - 11:30 am	4/6	Free	480863E
	May	W	4:30 pm - 5:30 pm	4/6	Free	480863F
	Jun	F	9:30 am - 10:30 am	5/4	Free	480863G
	Jun	F	10:30 am - 11:30 am	5/4	Free	480863H
	Jun	W	4:30 pm - 5:30 pm	5/4	Free	480863I
	Apr	TH	1:00 pm - 2:00 pm	3/2	\$6/\$8	480861A
	May	TH	1:00 pm - 2:00 pm	4/6	\$12/\$14	480861B
	Jun	TH	1:00 pm - 2:00 pm	5/4	\$15/\$17	480861C
<b>Floor Yoga</b>	Apr	TH	2:15 pm - 3:15 pm	3/2	\$6/\$8	480862A
	May	TH	2:15 pm - 3:15 pm	4/6	\$12\$/14	480862B
	Jun	TH	2:15 pm - 3:15 pm	5/4	\$15/\$17	480862C
	<b>** 4/7 &amp; 4/14 moved to Civic Center Lounge</b>					
<b>Cardio with a Twist</b>	Mar	W	5:30 pm - 6:30 pm	Now	\$15/\$17	380870A
	Mar	F	2:00 pm - 3:00 pm	Now	\$12/\$14	380870B
	Apr	W	5:30 pm - 6:30 pm	3/2	\$12/\$14	480870A
	Apr	F	2:00 pm - 3:00 pm	3/2	\$12/\$14	480870B
	May	W	5:30 pm - 6:30 pm	4/6	\$12/\$14	480870C
	May	F	2:00 pm - 3:00 pm	4/6	\$12/\$14	480870D
<b>**5/6 moved to Civic Center Stage</b>						
<b><u>Language Classes</u></b>						
• <b>Beginners Spanish</b>	4/4 - 5/23	M	1:00 pm - 2:30 pm	Call for avail.	\$5/\$10	480821A
<b>• ESOL (English as a Second Language)</b>						
	4/7 - 5/26	TH	1:00 pm - 2:30 pm	Call for avail.	\$5/\$10	480817A
• <b>Conversational English</b>	This program is for individuals who are interested in improving their English speaking skills. Meet in small groups weekly, for 8-weeks. Speak with instructor Yvonne Hepler who will talk with you in English and help you improve your communication skills. Participants must be registered. 12 students only!					
	4/6 - 6/1	W	12:30 pm - 2:00 pm	Call for avail.	\$5/\$10	480868A
	4/1 - 5/27	F	10:00 am - 11:30 am	Call for avail.	\$5/\$10	480868B
<b><u>Art Classes</u></b>						
• <b>Drawing</b>	For questions contact Margo Kawashima at 954-684-6163					
	Utilize pencils, charcoals, pastels, pen & ink, and watercolor pencils					
	5/4 - 6/8	W	1:30 pm - 3:30 pm	Call for avail.	\$20/\$22	480859A
• <b>Mixed Media</b>	Mediums Include: watercolor, acrylic, oil, pastels, pencils, and charcoal					
	5/4 - 6/8	W	6:30 pm - 8:30 pm	Call for avail.	\$20/\$22	480811A
• <b>Painting</b>	Focuses on realistic rendering of images such as portraits, landscapes, and still life					
	5/6 - 6/10	F	1:30 pm - 3:30 pm	Call for avail.	\$20/\$22	480813A